

WITNESSING AND JUDGING CRITERIA

ILLINOIS AND MILWAUKEE AREA WALDORF SCHOOLS

PENTATHLON 2022

The following document serves as a guide for judges participating in the Illinois/Milwaukee area Waldorf schools annual Pentathlon. Much of this document is based on the IM-PACT model (International Movement for Pentathlon, Arts, Culture and Truce). Area Spacial Dynamic Institute (SDI) graduates have modified the IM-PACT model to serve our local Pentathlon needs and goals. This method of “judging” is actually much more a witnessing of the individual and the city state’s commitment to the process of entering into activities that are greater than themselves.

Time Commitment:

- Arrive Tuesday, May 10
- Depart Friday, May 13

5 Greek Exercises

- o Discus
- o Javelin
- o Running
- o Long jump
- o Wrestling

Roles:

- Pentathletes
 - o Students will be organized into 5 city states
- Class Teachers
 - o Class teachers hold their students throughout the trip, giving them context and guidance for all activities.
- Event Coordinator
 - o There will be 5 event coordinators, one for each movement. The Event Coordinator will be in charge of setup/take down of each event, taking measurements, recording measurements, and calling out commands to students. Ideally the Event Coordinator for each event will be a Spacial Dynamics Institute student or graduate. The Event Coordinator may also serve as the head judge for each event if a decision is in need of discussion
- Judges
 - o Judges cannot be parents of pentathletes, they can be parents of past or future 5th graders, alumni or other volunteers. Judges are assigned to a city state and will “witness” the children throughout the event, recording their conduct and performance on judging forms. Judges must keep forms safe, legible and confidential for the entire competition. Judges will award each Pentathlete a

medal and say one sentence describing their performance on Friday morning. Laurels will be awarded for beauty and skill, find further details below.

- Chaperones
 - o Chaperones can be parents or other volunteers. The primary role of the chaperone is maintaining respectful conduct among students during transition times and meal times, and ensuring students get enough sleep.
- Spectators
 - o Parents, guardians and special friends are invited to cheer on the pentathletes on Thursday. No school age children may spectate.

Schedule and Expectations:

Wednesday, May 11

11:00am – Judges orientation

2:00 – 5:00pm: *Round I of the Pentathlon (Practice)*

Each city state is assigned their rotation schedule which will be the same on Tuesday. Each event should take about 30 minutes.

City State Leaders: show archetypal way of performing the event before pentathletes attempt the event.

Judges:

- Judges will complete forms with comments in the appropriate place for each event (sample judge's sheets are included in this document)
- For each child record:
 - o Score for beauty
 - o Comments for execution, attitude and carriage
- After the conclusion of the practice round judges should start thinking about the comments of recognition for the pentathletes in their city state.

Thursday, May 12

1:00 – 4:30pm: *Round II of the Pentathlon (Official Games)*

The judges will gather with their city-state at the beginning of the day and walk with them to each event.

- Judges will complete forms with comments in the appropriate place for each event (sample judge's sheets are included in this document)
- Each child should be judged based on
 - o Beauty
 - o Improvement from the previous day
 - o Longest distance/Fastest time
 - Discus
 - Javelin
 - Long Jump

- 40-yard dash
 - Judges will be asked to help with measurements in these four events
- After everyone in your city-state has performed, you may keep the form with you in a safe place and proceed to the next event.

4:15 – 4:30: *Witness City-State Relay Race with Zeus and Athena*

- All judges along with Zeus and Athena will witness the event and cheer the children on. The city state that wins will get to eat first at the Greek Feast later that evening. While a baton will be passed between the participants, no penalty/disqualification will result if the baton is dropped.

4:30 – 5:00pm: *Judge teams from each City-State meet – A room will be provided or the judges cabin can be used*

- One short sentence is crafted for each Pentathlete (total, not by each judge) to be stated during the Circle of Honor at 6:00pm when medals are given
- All judging forms must be consulted during this process

5:00 – 5:30pm: *Judges eat*

5:30 – 6:00pm: All judges and Even Coordinators meet to discuss Beauty and Truth Awards

- Discuss Beauty Awards
 - 5 laurels for beauty are awarded by the judges of each city state, one for each event (25 laurels total for entire event)
- Discuss Truth Awards
 - Laurels for truth are awarded in each of the following events among all pentathletes, not according to City-State
 - Javelin (2 – one for boys one for girls)
 - Discus (2 – one for boys one for girls)
 - Long Jump (1)
 - 40-Yard Dash (1)
 - The Spacial Dynamics instructors on hand will use the measurements taken during the second day’s event to determine the overall Truth awards.

A total of 31 laurels will be awarded for the entire event. All laurels are given at the ceremony Friday morning.

6:00 – 6:30pm: Circle of Honor

Medals and recognition are awarded in a “Circle of Honor” with the judges in the middle, the pentathletes making a circle around the judges, and the parents/observers in a circle outside/behind the pentathletes.

- Judges hand each child a medal for participating and say one short sentence about the Pentathlete’s performance and contribution to the event.

- The statements for the children will be formulated by the judges as a team beforehand
- The task of handing out medals and addressing students may be divided among the City-State judges
-

6:30pm – on: Truth awards are determined by judges and event coordinators

Tips on judging:

- Start thinking early! After the first day you should have an idea of what can be said during the circle of honor.
 - Before the Circle of Honor is where judges felt a bit of a time crunch, as the feast is beginning while the judges are still deliberating. If some thoughts can be gathered earlier, this will feel to be a more manageable task.
- Conversations should be discreet.
- Judges have their own cabin, which may prove useful in the evenings, as they will most likely need communication.
- Event Coordinators will be available to help with any questions.
- Have confidence in your own observations
- Remember that the goal is a satisfying experience of participation for each child.

Friday, May 13

9:00 – 10:30 am: Presentation of laurels

Judging the Movements of the 5 Greek Exercises

Each of the five disciplines will be judged according to the Form and Dynamic of the child's movements. All but wrestling will also have a Measurement taken for the Truth award. By enlivening his/her whole body through the practice of the five pentathlon events the child learns the right relationship between being grounded on the earth and maintaining an uprightness worthy of the Greek gods.

It is important in all 5 Pentathlon events for the child to show symmetry, balance, beauty of movement and intention. There should be a powerful and clear connection to the earth and an equally strong connection to the heavens.

In each of these 3 categories, the judge will be asked to observe the suggested qualities of

A) The Head (stillness, the representation of the sovereign heavens).

B) The Middle (rhythmically giving and receiving between self and others).

C) The Legs and Arms (the correct source of power and connection to the earth, the object and another).

For both days and in each event, judge each child and record his or her progress.

A Note About Physical Difference & Adaptation:

While there are physical techniques to consider in each event, please take these more general guidelines to heart when a child presents with a physical difference. Children with physical differences will necessarily make adaptations, and if they make these adaptations while preserving the balance and beauty of movement and showing intention and resolve, they should still be considered eligible for beauty. There must be a tolerance for individual style, but this appreciation for effort should not become sentimental as all the children are struggling to do their best with each challenge presented. The attempt is to allow an equality of chance in participation with the group, and not a singling out or giving advantage.

PENTATHLON – DISCUS

The child will be given two throws. Please judge each independently, but record the better of the two throws on the judge's sheet.

The Form

A) As the discus is offered up to Apollo, the child is reverent and still. At the beginning of the throw, the gaze turns to the heavens to mark the spot where the discus should be thrown. At the end of the throw the gaze is again directed outwards and follows the throw until the discus lands.

B) The arm that holds the discus should be heavy and swing like a pendulum. The hand should cradle the discus, not grip too tightly. In the release of the throw, the discus should roll off the inside of the pointer finger.

C) The feet are "pivotal" in turning the body. The weight is on the balls of the feet, except for the moment of release when the front foot is flat on the ground. The knees should always be over the toes, the toes always in the direction of the movement.

The Dynamic

A) The head, neck and shoulder area are quiet and still.

B) The chest leads the way in the discus. The chest is alternately and rhythmically lifted to the heavens, turned down to the ground, then lifted to the heavens. The front arm sets the pace and the back arm follows. This gives a fluid, even momentum.

C) The feet twist and send a spiraling motion down into the ground; the front foot gives an explosive push downward at the point of release.

The Measure of the distance will be the point where the discus first lands on the ground. The athlete who throws the furthest will be awarded for truth. The further of the two throws will be recorded on the second day of the event. Boys and Girls will be separately judged for Truth. They will be judged together for Beauty.

The following commands will be issued to the child before his or her throw:

STAND

PRESENT YOUR DISCUS

TAKE YOUR PRACTICE THROWS

THROW WHEN READY

PENTATHLON-JAVELIN

It is important in all five pentathlon events for the child to show symmetry, balance, beauty of movement and intention. There should be a powerful and clear connection to the earth and an equally strong connection to the heavens.

The head in this event represents not only the sovereign heavens, but Athena, the goddess of wisdom. From beginning to end, throughout the entire event, the gaze should be calmly and intently on the goal.

The hand should grip the javelin lightly, and the weight of the javelin should be distributed to the whole arm. The pointer finger rests just above the grip pointing to the side. The throwing arm is drawn back while at the same time the non-throwing arm rays out with great will and intention toward the goal even through the fingertips. There is a moment of balance between levity and gravity. The free arm then leads the movement, with the entire body engaging and accelerating until the javelin moves from the hand over the center of the body.

The legs and feet are the true source of power and a point of connection to the earth. At the beginning of the event, the feet should be planted, facing forward and quiet. As the javelin is drawn back, the weight is transferred to the back foot with a step. At the release, the weight is transferred to the front foot while the back foot is pivoting. The dynamic should ripple up from the feet, through the knees, hips, chest, gaze, arms and hands to the javelin. As the body turns forward there is an acceleration. The feet are again quiet at the finish of the event.

The flight of the javelin should be like the arc of a rainbow, and with a slight vibrato. The javelin should ideally stick in the ground at a 45 degree angle with the tale pointing back to the athlete.

The measure of distance will be the point where the nose of the javelin sticks in the ground. The tale of the javelin must be one fist length above the ground after sticking. The athlete who throws the furthest distance will be awarded for truth.

The javelin must stick in the ground and the tale must be one fist length above the ground to be considered for either truth or beauty. Boys and Girls will be judged separately for Truth, but will be judged together for Beauty.

The same commands will be given to each athlete:

Check behind

Stand

Draw back

Throw when ready

Retrieve (after all javelins have been thrown), walk to the side of the javelin, cover the tail with your palm, pull the javelin out of the ground in

the same direction it went in, walk and carry the javelin next to your side
back to the line

PENTATHLON-RUNNING

The children will run in groups of two or three and will be judged with each race. For this event there will be two judges for beauty and one judge for truth. The truth judge will be in charge of timing the race and recording that time to be used for the Truth award. The stopwatch begins when the drum beat sounds and ends when the first child breaks the ribbon at the end of the 40 yards.

The Form

- A) The head, neck and shoulder girdle are positioned over the rest of the body.
- B) Open hands (as in the ancient Greek vases or Carl Lewis “pulling air”) with equal spaces in front and behind the runner.
- C) Feet in a line under the body, the body stays in assigned lane.

The Dynamic

- A) “Floating head”, the head is still and has no motion of its own.
- B) The rhythm of the arms is smooth and the arms are pulsing and swinging evenly on each side. The runner begins to flow, finding his or her stride. The space in front of the child’s chest is expanded and open, not constricted or ballooned.
- C) The power of the legs, the front leg reaches out and the back leg kicks up and pushes. There is a lightness and the stride is even between the feet.

PENTATHLON-LONG JUMP

It is important in all five pentathlon events for the child to show symmetry, balance, economy of movement and intention. There should be a powerful and clear connection to the earth and an equally strong connection to the heavens.

The head neck and shoulder girdle should be positioned over the middle of the body, but may be slightly leaning forward. The head should be quiet and passive while running, yet should provide balance for the forward momentum during jumping, and helps prevent falling backwards.

The hands and arms should be relaxed and swinging in arcs at the side of the body while running. The reaching of the arms and hands up and forward adds momentum to the jump at take-off and landing.

The legs and feet are the correct source of power and connection to the earth. The athlete will begin running toward the sand pit with fiery acceleration. Take-off is from one leg pushing down and exploding from in front of the jump board. Both toes and fingers reach forward in the air stretching towards the target. The jumper lands with both feet together and walks or rolls forward while exiting the sand pit.

The measure of the jump is the distance from the edge of the take-off board to the imprint in the sand that is closest to the take-off.

The event coordinator will signal the judges' readiness by raising and then lowering his arm. The jumper may then begin their run when they are ready

PENTATHLON – WRESTLING

By enlivening his/her whole body through the practice of the five pentathlon events the child learns the right relationship between being grounded on the earth and maintaining an uprightness worthy of the Greek gods.

In Ring-Wrestling the goal for the child is to meet each opponent in a way that shows openness with strength and balance. The Greek ideal that the child is striving towards is balance between the heavens and the earth.

The Form of Ring-Wrestling

A) **The body** in wrestling should have a forward lean towards the partner.

The head should maintain the same relationship to the torso that it had when standing: 90 degrees to the vertical line. *The head and face remain free and open, the neck and shoulder girdle and upper chest like a bust statue of a Greek deity, undisturbed by the force below. Eye contact during the match is not necessary; however the gaze should be forward (90 degrees to the head.)*

B) **The hands** are the only areas of contact allowed between the partners. The match will be stopped when other contact is made, (for example hips, forearms etc.), and a warning will be given. *The Hands clasp* around the hands of the partner. (They should not squeeze the partner's hands, or attempt to twist his/her wrists or fingers.) *The Arms* of the two partners together *form a ring*. If either partner's arms are pushed past the head the match will be stopped and a warning given. Extra credit should be awarded for a wrestler who not only *holds his/her part of the ring*, but who also enables the partner to maintain that ring as well, while still challenging the partner. If three warnings are necessary, the match will be discontinued and no credit for form given.

C) **Legs and Feet:** back leg should be straight. It acts like a lightning rod to carry the force to the ground.

The judges are looking for the form described above as well as the *dynamic* between the two wrestlers. The dynamic involves A) the quiet head, B) the give and take with the arms; perceiving the impulses of the other, and answering it with other impulses, and C) the variety of fleetness and firmness of the foot work, sometimes light, sometimes anchoring.

The wrestling match will be timed for 30 seconds. If a warning needs to be given the clock is stopped, then continued to complete the 30 seconds. It is not reset at warnings. A maximum of three warnings per match will be given before the match is called.

Pentathlon Sample Judge's Forms
Pentathlon 2022

Event: Discus

City State Name:

	Student Name	Form Score (1-3)	Dynamic Score (1-3)	Total Score (2-6)	Comments (Beauty, effort, improvements, distinction)
1		+	=		
2		+	=		
3		+	=		
4		+	=		
5		+	=		
6		+	=		
7		+	=		
8		+	=		
9		+	=		
10		+	=		
11		+	=		
12		+	=		
13		+	=		
14		+	=		
15		+	=		
16		+	=		
17		+	=		
18		+	=		
19		+	=		
20		+	=		
21		+	=		
22		+	=		
23		+	=		
24		+	=		
25		+	=		

Score Key

- 1 = basic movements of activity were performed
- 2 = basic movements of activity were enhanced
- 3 = moments of movements represented Greek ideal

Remember that each child will be individually addressed at the events conclusion.

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Pentathlon Sample Judge's Forms
Pentathlon 2022

Event: Javelin
City State Name:

	Student Name	Form Score (1-3)	Dynamic Score (1-3)	Total Score (2-6)	Comments (Beauty, effort, improvements, distinction)
1		+	=		
2		+	=		
3		+	=		
4		+	=		
5		+	=		
6		+	=		
7		+	=		
8		+	=		
9		+	=		
10		+	=		
11		+	=		
12		+	=		
13		+	=		
14		+	=		
15		+	=		
16		+	=		
17		+	=		
18		+	=		
19		+	=		
20		+	=		
21		+	=		
22		+	=		
23		+	=		
24		+	=		
25		+	=		

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Pentathlon Sample Judge's Forms
Pentathlon 2022

Event: Running
City State Name:

	Student Name	Form Score (1-3)	Dynamic Score (1-3)	Total Score (2-6)	Comments (Beauty, effort, improvements, distinction)
1		+	=		
2		+	=		
3		+	=		
4		+	=		
5		+	=		
6		+	=		
7		+	=		
8		+	=		
9		+	=		
10		+	=		
11		+	=		
12		+	=		
13		+	=		
14		+	=		
15		+	=		
16		+	=		
17		+	=		
18		+	=		
19		+	=		
20		+	=		
21		+	=		
22		+	=		
23		+	=		
24		+	=		
25		+	=		

Name and time for fastest sprint (2nd day only):

Score Key

- 1 = basic movements of activity were performed
- 2 = basic movements of activity were enhanced
- 3 = moments of movements represented Greek ideal

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Pentathlon Sample Judge's Forms
Pentathlon 2022

Event: Long Jump

City State Name:

	Student Name	Form Score (1-3)	Dynamic Score (1-3)	Total Score (2-6)	Comments (Beauty, effort, improvements, distinction)
1		+	=		
2		+	=		
3		+	=		
4		+	=		
5		+	=		
6		+	=		
7		+	=		
8		+	=		
9		+	=		
10		+	=		
11		+	=		
12		+	=		
13		+	=		
14		+	=		
15		+	=		
16		+	=		
17		+	=		
18		+	=		
19		+	=		
20		+	=		
21		+	=		
22		+	=		
23		+	=		
24		+	=		
25		+	=		

Name and measurement for longest jump (2nd day only):

Score Key

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Pentathlon Sample Judge's Forms
Pentathlon 2022

Event: Javelin

City State Name:

	Student Name	Form Score (1-3)	Dynamic Score (1-3)	Total Score (2-6)	Comments (Beauty, effort, improvements, distinction)
1		+	=		
2		+	=		
3		+	=		
4		+	=		
5		+	=		
6		+	=		
7		+	=		
8		+	=		
9		+	=		
10		+	=		
11		+	=		
12		+	=		
13		+	=		
14		+	=		
15		+	=		
16		+	=		
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19		+	=		
20		+	=		
21		+	=		
22		+	=		
23		+	=		
24		+	=		
25		+	=		

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